SIMPLY GOOD

www.simplygoodfood.org

Chartwells Eat · Learn · Live

Elementary (K-5) Lunch Menu November 2011

*The cost of a paid student meal is **$1.35. Per the Healthy Schools Act, there is no charge for reduced meals**. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Make your holiday a healthy one by planning ahead and making smart choices at the dinner table. Check out our "Healthy Holiday Tips" down below.	1 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Light Ranch Dressing Locally Grown Pear	2 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Chilled Peach Cup	3 All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Seasoned Local Collard Greens Savory Baked Beans Locally Grown Apple	4 Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust Crunchy Spinach Salad Fresh Banana
7 Rotisserie-Style Bone-in Chicken Whole Wheat Biscuit Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Pinto Beans Locally Grown Apple	8 Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Roma Herb Baked Potato Wedges Locally Grown Pear	9 All Natural Meatball Marinara Sub on a Whole Wheat Roll w/ Melted Mozzarella Cheese Chilled Green Bean Salad Baked Local Sweet Potato Half Chilled Pineapple Cup	10 Chicken & Spinach Florentine Whole Wheat Flatbread Locally Grown Broccoli w/ Light Ranch Dressing Roasted Corn & Carrots Chilled Peach Cup	11 Veteran's Day No School
14 All-Natural Chicken Hot Dog on a Whole Wheat Bun Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Savory Baked Beans Locally Grown Apple	15 Homemade Cheese & Spinach Lasagna Whole Wheat Roll Seasoned Green Beans Chilled Pineapple Cup	16 Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Pear	17 **Thanksgiving Dinner** Oven Roasted Turkey w/ Gravy Bread Stuffing, Cranberry Sauce Whole Wheat Roll Mashed Potatoes Roasted Local Butternut Squash Chilled Peach Cup	18 Cajun Seasoned Tilapia Broccoli & Cheese Brown Rice Pilaf Locally Grown Garlicky Kale Fresh Banana
21 Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Green Beans Locally Grown Apple	22 Charbroiled Beef & Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll Romaine, Tomato, Ketchup & Mustard for Sandwich Topping Fresh Carrot Sticks w/ Light Ranch Dressing Chilled Pineapple Cup	23 BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Corn Bread Seasoned Local Collard Greens Seasoned Pinto Beans Chilled Peach Cup	24 Have a Happy Thanksgiving with Your Family & Friends!	25
28 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, & Honey Mustard Sauce Roasted Corn & Carrots Savory Baked Beans Chilled Pineapple Cup	29 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Light Ranch Dressing Locally Grown Pear	30 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Fresh Banana	**Healthy Holiday Tip:** It's important to enjoy the holidays, but it doesn't mean you have to over-indulge. Choose larger portions of healthier options such as turkey, fresh fruit and vegetables and smaller portions of higher calories foods like mashed potatoes with gravy, bread and butter, and desserts. **Healthy Holiday Tip:** Choose your favorites – leave off the items that are just there as part of traditional holiday celebrations but not really your favorites. Also, make sure to watch your portion sizes – you can enjoy all your faves in moderation.	

Alternate Cold Menu Choices

Available Daily: Romaine & Tomato Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll

Mondays:	***Tuesdays:***	***Wednesdays:***	***Thursdays:***	***Fridays:***
Turkey Ham & Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing	Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing	Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing	Turkey & Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices & Light Salad Dressing	Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing

SIMPLY GOOD

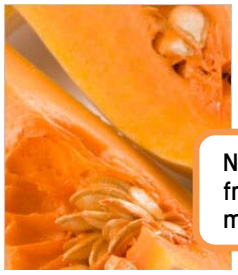
by Chartwells

FRESH & LOCAL

LOCAL PRODUCE FOR NOVEMBER 2011

APPLES	CROWN ORCHARDS	BATESVILLE, VA
ARUGULA	DAN GRAIFF FARMS	NEWFIELD, NJ
BROCCOLI	PARKER FARMS	OAK GROVE, VA
BUTTERNUT SQUASH	ARNOLD FARMS	CHESTERTOWN, MD
CABBAGE, RED	PLOCH FARMS	CLIFTON, NJ
COLE SLAW/CABBAGE MIX	BERENATO FARMS	HAMMONTON, NJ
COLLARD GREENS	RICHARDSON FARM	OWINGS MILLS, MD
KALE	RICHARDSON FARM	OWINGS MILLS, MD
PEARS	BEAR MT ORCHARDS	ASPERS, PA
SWEET POTATOES	SCOTT FARMS	LUCAMA, NC

Tasty, Healthy Fall Vegetables As we get into the colder weather, the vegetables available locally become "heartier" – meaning they can sustain colder temperatures. So, instead of spinach and arugula, we have kale and collard greens, and instead of tomatoes and zucchini, we have sweet potatoes, broccoli, and butternut squash. All of these fall veggies are tasty and packed with nutrition. We hope you enjoy them!



Nutrition Benefits of Kale: Low fat, saturated fat free, cholesterol free, low sodium, excellent source of vitamin A and vitamin C, good source of calcium and potassium.

Nutrition Benefits of Butternut Squash: Fat free, cholesterol free, sodium free, good source of fiber, potassium and magnesium, excellent source of vitamins A and C.

Updated: 10/6/2011

Menu: Lunch

Grades: K-5

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Chartwells-Thompson School Dining Services

District of Columbia Public Schools

Tues -11/01/2011	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Red Chili w/ Buffalo Meat	1 cup	113	11	510	3.4	1.63	113.4	454	6.8	6.8	15.88	4.54	1.7	0
Shredded Cheddar Cheese	1 oz	23	9	54	0	0.1	56.7	85	0	1.98	0	2.55	1.7	0
Cornbread, Homemade	1 slice	147	29	104	1.97	0.79	30.9	82	3.23	2.67	21.5	6.23	0.95	0
Chicken Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													10.00%	

Wed - 11/02/2011	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Grilled Cheese	1 each	467	53	935	6.45	2.14	543.1	2141	13.5	20.87	33.77	27.87	12.53	0
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Arugula Salad w/ Parmesan	1/2 cup	14	2	34	0.32	0.22	42.2	391	3.31	1.17	0.95	0.67	0.36	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													18.60%	

Updated: 10/6/2011

Thurs - 11/03/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken Nuggets	serving	124	31	302	0	0.32	0	0	0	13.33	8	4	0.44	0
BBQ sauce - Kraft	1 oz	24	0	146	0	0.14	0	0	0	0	5.51	0	0	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
Turkey & Provolone Sub	1 Each	253	38	634	1.79	1.33	255.7	1648	7	19.37	17.26	10.11	5.26	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Country Collard Greens	1/2 cup	37	0	65	1.22	0.11	47.8	1970	10.95	0.87	4.79	1.91	0.28	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													4.50%	

Fri - 11/04/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheese Pizza, Homemade Square	slices	398	36	904	5.96	3.66	469.6	396	6.63	24.87	46.84	13.21	6.24	0
Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Crunchy Spinach Salad	1/2 Cup	29	0	33	0.97	0.65	19.1	1503	5.85	1.21	2.96	1.65	0.18	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													11.70%	

Mon - 11/07/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Rotisserie Style Chicken	2 oz	258	127	242	0.13	1.16	33	21	0.35	24.06	0.73	16.51	4.81	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	0
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Caesar Romaine Side Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
Pinto Beans (Marco's)	1/2 cup	187	0	440	5.34	1.8	40	0	2.4	7.34	22.01	7.34	1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													12.90%	

Tues -11/08/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Chicken Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													5.30%	

Updated: 10/6/2011

Wed- 11/09/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	0
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Baked Sweet Potato Half	1/2 potat	62	0	40	2.18	0.44	21.8	10296	1.74	1.14	14.6	0.04	0.01	0
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													10.40%	

Thurs - 11/10/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken Florentine FlatbreadES	1/6 flatbr	194	45	312	0.93	1.42	242.1	1800	0.82	18.66	14.06	7.19	3.29	0
Turkey & Provolone Sub	1 Each	253	38	634	1.79	1.33	255.7	1648	7	19.37	17.26	10.11	5.26	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Broccoli, Fresh, Local	1/2 cup	12	0	12	0.92	0.26	16.7	221	31.67	1	2.36	0.13	0.01	0
Roasted Corn & Carrots	1/2 Cup	102	0	45	3.22	0.48	25.2	9123	4.49	1.88	14.53	5	0.71	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													10.60%	

Updated: 10/6/2011

Mon - 11/14/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Romaine & Tomato Side Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Saturated Fat % of Total Calories													5.80%	

Tues - 11/15/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheese and Spinach Lasagna	1 piece	250	83	772	3.47	3.37	463.9	5294	11.32	19.34	20.33	10.98	6.12	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
Chicken Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Seasoned Green Beans	1/2 cup	41	0	7	2.36	0.69	38.5	436	3.21	1.17	5.07	2.31	0.35	0
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													13.20%	

Wed - 11/16/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Teriyaki Chicken w/ Broccoli	1/2 cup	144	45	474	0.29	1.16	25.2	169	9.81	13.31	16.73	2.04	0.5	0
Lo Mein WG Noodles	1 cup	202	0	326	5.13	1.36	5.5	0	6.04	6.93	41.77	1.31	0.01	0
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Vegetable Stir Fry	1/2 CUP	70	1	503	1.99	0.32	22	501	8.86	2.22	8.9	2.4	0.37	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													3.60%	

Thurs - 11/17/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey w/ Gravy ES	3 oz	113	32	558	0	0.5	0	78	0	16.17	3.52	3.35	0.39	0
Cranberry Sauce	1/4 cup	105	0	20	0.69	0.15	2.8	29	1.39	0.14	26.94	0.1	0.01	0
Stuffing	1/2 cup	162	0	611	0	0.75	33.9	0	0	2.97	19.23	7.88	1.2	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
Turkey & Provolone Sub	1 Each	253	38	634	1.79	1.33	255.7	1648	7	19.37	17.26	10.11	5.26	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Mashed Potatoes	1/2 cup	66	0	288	0.74	0.27	14.7	0	3.54	1.48	11.8	1.84	0.37	0
Roasted Butternut Squash	1/2 cup	39	0	2	0.89	0.35	16.6	793	7.13	0.56	5.04	2.25	0.33	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													5.30%	

Updated: 10/6/2011

Fri- 11/18/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cajun Seasoned Tilapia	2 oz	105	47	154	0	0.56	11.4	0	0	21.35	0	2.16	0.77	0
Broccoli Cheddar Brown Rice	1/2 cup	103	0	223	0.98	0.18	11.1	0	0	1.96	20.11	1.23	0.25	0
Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Garlicky Kale	1/2 cup	62	0	15	0.87	0.63	46.8	5151	40.56	1.44	4.82	4.6	0.66	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													7.30%	

Mon - 11/21/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheese Ravioli w/ Sauce	3 each	202	57	542	2.45	1.34	126.7	1342	13.5	15.22	25.78	4.3	1.85	0
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Caesar Romaine Side Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
Seasoned Green Beans	1/2 cup	41	0	7	2.36	0.69	38.5	436	3.21	1.17	5.07	2.31	0.35	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													8.50%	

Updated: 10/6/2011

Tues- 11/22/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheeseburger on a WW bun	1 each	300	40	480	2	3.24	100	55	0	19	33	12	4	0
Beef Burger on Bun	1 Each	300	40	480	2	3.24	100	55	0	19	33	12	4	0
Lettuce/Tomato Set Up	1 Each	10	0	3	0.79	0.24	8.4	1398	6.63	0.54	2.14	0.13	0.02	0
Chicken Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Saturated Fat % of Total Calories													9.40%	

Wed - 11/23/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Baked BBQ Chicken	1-2 pieces	308	127	783	0	1.53	26.7	0	0	24	22.05	12	4	0
Cornbread, Homemade	1 slice	147	29	104	1.97	0.79	30.9	82	3.23	2.67	21.5	6.23	0.95	0
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Country Collard Greens	1/2 cup	37	0	65	1.22	0.11	47.8	1970	10.95	0.87	4.79	1.91	0.28	0
Pinto Beans (Marco's)	1/2 cup	187	0	440	5.34	1.8	40	0	2.4	7.34	22.01	7.34	1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													8.00%	

Updated: 10/6/2011

Mon- 11/28/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Grilled Chicken Sandwich	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Lettuce/Tomato Set Up	1 Each	10	0	3	0.79	0.24	8.4	1398	6.63	0.54	2.14	0.13	0.02	0
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Roasted Corn & Carrots	1/2 Cup	102	0	45	3.22	0.48	25.2	9123	4.49	1.88	14.53	5	0.71	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													4.10%	

Tues- 11/29/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Red Chili w/ Buffalo Meat	1 cup	113	11	510	3.4	1.63	113.4	454	6.8	6.8	15.88	4.54	1.7	0
Shredded Cheddar Cheese	1 oz	23	9	54	0	0.1	56.7	85	0	1.98	0	2.55	1.7	0
Cornbread, Homemade	1 slice	147	29	104	1.97	0.79	30.9	82	3.23	2.67	21.5	6.23	0.95	0
Chicken Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													10.00%	

Wed - 11/30/2011 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Grilled Cheese	1 each	467	53	935	6.45	2.14	543.1	2141	13.5	20.87	33.77	27.87	12.53	0
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Garden Salad w/ Cheese & Roll	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
Arugula Salad w/ Parmesan	1/2 cup	14	2	34	0.32	0.22	42.2	391	3.31	1.17	0.95	0.67	0.36	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													17.80%	